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Denise van Outen likes to offer herself Sunday meal treats thisislondon

[Denise van Outen's Detox Diet](#)

The popular British TV hostess eats high protein meals and plenty of fruit

British TV and radio show hostess and stage actress Denise van Outen is one of the country's tabloid darlings and the media in her native land has been keeping a close eye on her ever since she emerged as a quirky, fashion-forward co-presenter of one of Britain's most popular breakfast shows. Denise is 34 and in excellent shape, never being one to avoid showing some (sometimes, even a lot of) skin on the beach or during her frequent travels to the States. For those of you wondering how Denise manages to hold on to her enviable bikini body, ask no more - as here is a sneak peek into her everyday regime. "I'm happy with my body and feel confident about getting into a bikini this summer" she confessed. "Like any woman, there are things that bother me. I could do with losing some weight from the tops of my legs and if I overindulge I do get a bulging tummy" she admitted. How does she manage to keep the flab off, then - the answer is, short bursts of cardio sessions (about 20 minutes each) and eating high protein meals, fish and lots of fruit and vegetables. This is what Denise would eat on a regular day: 7am: **Breakfast** - porridge (or any other power food which keeps her feeling full and energetic for a long time) with fresh fruit, such as blueberries, strawberries (they're packed with antioxidants), sometimes sprinkled with linseeds (great source of omega-3). 11am: **Snack** - fresh fruit chunks (pineapple for example) plus a glass of freshly squeezed orange juice for a mid-morning supply of fresh energy. 1pm: **Lunch** - chicken Caesar salad (no mayonnaise and plenty of olive oil) with plenty of grilled meat and lots of green vegetables. 7pm: **Dinner** - grilled fish with plenty of vegetables (sea bass with spinach, green beans or asparagus). Denise's secret for not getting bored with her eating plan is that she allows herself to have Sundays off. "I have Sundays off. That's when my boyfriend Lee and I will go and have a roast with all the trimmings. I have a glass of red wine, dessert or a latte if I fancy it. For the rest of the week, my diet's healthy. I don't crave treats because I let myself eat what I fancy on Sundays", she reveals.